



## Elementary (K-5 & K-8) Lunch Menu

August-September 2013

The cost of a paid student meal is \$2.00. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Spicy Asian Chicken w/ Brown Rice  OR Veggie Stir Fry w/ Brown Rice  Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple	Savory Beef Burger on a Whole Wheat Bun  OR Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips  Ranch Style Black Beans Fresh Cucumber Coins  Fresh Orange	BBQ Chicken Sandwich on Whole Wheat Bun  OR Toasted Cheese Sandwich  Seasoned Baked Potato Wedges Fresh Tuscan Kale Salad  Fresh Local Peach	<b>NEW!</b> Rotini w/ Turkey Meat Sauce  OR Egg Salad Sandwich on Whole Wheat Bread  Green Beans Italiano Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Homemade Cheese Pizza on Whole Wheat Crust  OR <b>NEW!</b> Tuna Melt on Whole Grain Bread  Seasoned Carrots Fresh Romaine & Tomato Side Salad  Pear Sauce
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>LABOR DAY</b> (No School)	Santa Fe Beef Burger  OR Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll  Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing  Fresh Orange	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun  OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach	<b>NEW!</b> Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR Whole Grain Homemade Mac-N-Cheese  Seasoned Carrots Fresh Tuscan Kale Salad  Fresh Banana	Teriyaki Chicken & Brown Rice  OR <b>NEW!</b> Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing  Pear Sauce
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Whole Wheat Spaghetti w/ Beef Meatballs & Marinara  OR Whole Wheat Spaghetti w/ Marinara & Mozzarella  Seasoned Green Beans Cucumber & Tomato Salad  Fresh Local Apple	Turkey Hot Dog on a Whole Wheat Bun  OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Baked Sweet Potato Wedges Fresh Broccoli w/ Light Dressing  Fresh Orange	Turkey Philly on a Whole Grain Bun  OR Egg Salad Sandwich on a Whole Wheat Bread  Baked Beans Fresh Romaine & Tomato Side Salad  Chilled Peaches	Homemade Cheese Pizza on Whole Wheat Crust  OR Chicken Salad Sandwich  Seasoned Peas Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Korean Chicken w/ Brown Rice  OR Veggie Stir Fry w/ Brown Rice  Seasoned Carrots Fresh Celery Sticks w/ Light Dressing  Pear Sauce
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>NEW!</b> Beefy Sloppy Joe on a Whole Wheat Bun  OR Whole Grain Homemade Mac-N-Cheese  Southwest Pinto Beans Fresh Cucumber Coins  Fresh Local Apple	Rotisserie Chicken Drumsticks w/ Brown Rice  OR Egg Salad Sandwich on Whole Wheat Bread  Green Beans Italiano Fresh Romaine & Tomato Side Salad  Fresh Orange	Whole Grain Chicken Nuggets Whole Grain Garlic Roll  OR Toasted Cheese Sandwich  Baked Sweet Potato Half w/ Cinnamon Fresh Broccoli Florets w/ Light Dressing  Chilled Peaches	<b>NEW!</b> Cherry Blossom Chicken w/ Brown Rice  OR Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Wheat Dinner Roll  Glazed Carrots Cucumber & Tomato Salad  Fresh Banana	Chicken & Spinach Whole Wheat Flatbread  OR Toasted Cheese Sandwich  Seasoned Corn Fresh Baby Carrots w/ Light Dressing  Pear Sauce
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chicken Taco on Whole Wheat Tortilla  OR <b>NEW!</b> Black Bean Taco on Whole Wheat Tortilla  Southwest Pinto Beans Fresh Broccoli Florets w/ Light Dressing  Fresh Local Apple	Polpetta Italiana (Pizza Beef Burger)  OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Baked Sweet Potato Wedges Fresh Cucumber Coins  Fresh Orange	Korean Chicken w/ Brown Rice  OR Veggie Stir Fry w/ Brown Rice  Country Collard Greens Fresh Broccoli Florets w/ Light Dressing  Chilled Peaches	Homemade Cheese Pizza on Whole Wheat Crust  OR Panko Crusted Fish Sandwich on Whole Wheat Bun w/ Homemade Tartar Sauce  Seasoned Corn Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Whole Wheat Spaghetti w/ Turkey Meatballs & Marinara  OR Whole Wheat Spaghetti w/ Marinara & Mozzarella  Seasoned Carrots Fresh Celery Sticks w/ Light Dressing  Pear Sauce

**Greens**

**Welcome Back To School!**

